

## USDA Commodity Food Fact Sheet for Schools & Child Nutrition Institutions

(last updated, 05-11-07)

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### A365 - CHERRIES, FROZEN, RED, TART, PITTED, 30 LB

<b>CATEGORY</b>	<ul style="list-style-type: none"> <li>Vegetables/Fruits</li> </ul>
<b>PRODUCT DESCRIPTION</b>	<ul style="list-style-type: none"> <li>U.S. Grade B cherries, no sugar added. Pit score of Grade A, allowance: 1 pit per 160 oz.</li> </ul>
<b>PACK/YIELD</b>	<ul style="list-style-type: none"> <li>30 lb case.</li> <li>One 30 lb case AP yields about 52½ cups thawed, drained cherries and provides about 210.0 ¼-cup servings thawed, drained cherries OR about 342.0 ¼-cup servings of thawed cherries and juice OR about 177.0 ¼-cup servings cooked fruit and juice.</li> <li>One lb AP yields 0.70 lb (about 1¾ cups) thawed, drained cherries and provides about 7.0 ¼-cup servings thawed, drained cherries OR about 11.4 ¼-cup servings thawed cherries and juice OR about 5.90 ¼-cup servings cooked fruit and juice.</li> <li>CN Crediting: ¼ cup thawed cherries and juice OR ¼ cup of thawed drained cherries OR ¼ cup cooked cherries and juice provides ¼ cup fruit.</li> </ul>
<b>STORAGE</b>	<ul style="list-style-type: none"> <li>Store unopened frozen cherries at 0 °F or below, off the floor and away from walls to allow circulation of cold air. Temperature changes shorten shelf life and speed deterioration.</li> <li>Store opened thawed cherries covered and labeled in a dated nonmetallic container under refrigeration and use within 2 days.</li> <li>Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.</li> </ul>



### Nutrition Information

Cherries, red, frozen, unsweetened, unthawed

	¼ cup (39 g)	½ cup (78 g)
Calories	18	36
Protein	0.36 g	0.71 g
Carbohydrate	4.27 g	8.54 g
Dietary Fiber	0.6 g	1.2 g
Sugars	3.5 g	6.99 g
Total Fat	0.17 g	0.34 g
Saturated Fat	0.04 g	0.08 g
Trans Fat	0 g	0 g
Cholesterol	0 mg	0 mg
Iron	0.21 mg	0.41 mg
Calcium	5 mg	10 mg
Sodium	0 mg	1 mg
Magnesium	3 mg	7 mg
Potassium	48 mg	96 mg
Vitamin A	17 RAE	34 RAE
Vitamin A	337 IU	674 IU
Vitamin C	1.3 mg	0.7 mg
Vitamin E	0.02 mg	0.04 mg

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<b>PREPARATION/ COOKING INSTRUCTIONS</b>	<ul style="list-style-type: none"> <li>Thaw cherries in the original container in the refrigerator. Allow 2 to 3 days to thaw (approximately 2 hr per lb). Before use, mix the fruit thoroughly to evenly distribute the sugar.</li> </ul>
<b>USES AND TIPS</b>	<ul style="list-style-type: none"> <li>Serve thawed cherries in fruit cups or salads.</li> <li>Use as a topping for pudding/custard, ice cream. Use in recipes for jellied salads, desserts, pies, cobblers, or quick breads.</li> <li>If frozen unsweetened cherries are substituted in a recipe that calls for sweetened cherries, increase the amount of sugar in the recipe.</li> </ul>
<b>FOOD SAFETY INFORMATION</b>	<ul style="list-style-type: none"> <li>Cook frozen fruits and vegetables that are going to be held on a steam table or in a hot box to 135 °F for 15 seconds.</li> <li>Do not refreeze cherries.</li> </ul>
<b>BEST IF USED BY GUIDANCE</b>	<ul style="list-style-type: none"> <li>For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: <a href="http://www.fns.usda.gov/fdd/facts/biubguidance.htm">http://www.fns.usda.gov/fdd/facts/biubguidance.htm</a>.</li> <li>For additional information on product dating, go to page 6 of <i>Choice Plus Food Safety Supplement</i> at: <a href="http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf">http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf</a>.</li> </ul>